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IN THE SPECIFICATION:

On page 1, before "BACKGROUND OF THE INVENTION", insert the following paragraph:

-- RELATED APPLICATION DATA

This application is a continuation under 35 U.S.C. § 119(e) of U.S. Provisional Application No. 60/140,360 filed on June 23, 1999; U.S. Provisional Application No. 60/133,114 filed on May 7, 1999; U.S. Provisional Application No.: 60/130,990 filed on April 26, 1999; U.S. Provisional Application No. 60/125,949 filed on March 24, 1999; U.S. Provisional Application No. 60/124,662 filed on March 16, 1999; and U.S.

Provisional Application No. 60/125,199 filed on March 18, 1999

Page 11, before line 7, insert the following new paragraph:

Fig. 11Q is a schematic representation of various mechanisms for removably

securing the removable midsole insert to the sole of the shoe

Page 23, entire page, replace the table with the following table:

120	pressure sensing circuitry	
121	main longitudinal arch (long arch)	
122	flexibility axis	
123	flexible connecting top layer of sipes	
124	flexibility axis	
125	base of the calcaneus (heel)	
126	metatarsal heads (forefoot)	
129	honeycombed portion	
145	non-orthotic removable midsole section	
147	upper midsole (upper areas of shoe midsole)	
148	midsole	
149	bottom sole	
150	compression force	

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151	channels with parallel side walls
155a	tension force along the top surface of the shoe sole
155b	mirror image of tension force 155a
158	subcalcaneal fat pad
159	calcaneus
160	bottom sole of the foot
161	cushioning compartment
162	natural crease or upward taper
163	crease or taper in the human foot
164	chambers of matrix of elastic fibrous connective tissue
165	lower surface of the upper midsole
166	upper surface of the bottom sole
167	outer surface of the support structures of the foot
168	upper surface of the foot's bottom sole
169	shank
170	flexible material filling channels (sipes)
176	protrusions
177	recesses
180	mini-chambers
181	internal deformation slits (sipes) in the sagittal plane
182	internal deformation slits (sipes) in the horizontal plane
184	encapsulating outer midsole section
185	midsole sides
187	upper midsole section
188	encapsulated midsole section or bladder
189	central wall
191	fibrous capsule shell
192	subdivided cushioning compartments
201	horizontal line through lower most point of upper surface of the
	shoe sole
206	fluid duct
210	fluid valve
300	control system
301	mechanical fasteners
302	adhesive
303	snap fit



